

Nightbird

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Intermediate
编舞者: William Sevone (UK) - October 2008
音乐: Queen of the Night - Whitney Houston : (The Bodyguard OST)



Choreographers note:- There are three restarts within the dance – read note for ‘extra’ step.
Don’t let the ‘Bpm’ fool you – it’s a fast moving dance.
Always remember - ‘The beat may reach your feet - but the rhythm should electrify your soul’.

Dance starts on the word ‘stuff’ as in “I’ve got the stuff that you want”
*5 secs into the drum intro.

Hitch 1/4 Bwd. Coaster. Hitch 1/2 Bwd. Coaster (9:00).

1 – 2 Hitch right knee & start to turn ¼ right. Complete ¼ right & step right backward (3).
3& 4 Step left backward, step right next to left, step left forward.
5 – 6 Hitch right knee and start to turn ½ right. Complete ½ right & step right backward (9).
7& 8 Step left backward, step right next to left, step left forward.

Shoulder 1/4 Turn x5. Cross. Touch. Cross Shuffle (see RESTART note) (12:00)

9 – 10 Turning upper body/shoulders only – turn ¼ right. Turn ¼ left
11& 12 Turning upper body/shoulders only – turn ¼ right, turn ¼ left, turn ¼ right.

Dance note: Count 12: swivelling on feet – turn WHOLE body to face 12:00

13 – 14 Cross left over right. Touch right to right side.
15& 16 Step right behind left, step left to left side, cross right over left.

RESTART: Walls 4, 7 and 9: after count 16 add -
‘&.....Step left to left side’ (in effect, an extended cross shuffle)

Diagonal Step. Side. Bending Body Roll. Touch. 1/4 Left Fwd (9:00)

17 – 18 Step left diagonally right. Start to bend knees whilst stepping right to right side.
19 – 20 Knees still bent – move body to centre. Leaning to left transfer weight to left.
21 – 22 Knees still bent – move body to centre. Leaning to right transfer weight to right.
23 – 24 Straightening up – touch left next to right. Turn ¼ left & step forward onto left (9).

Style note: 18-22: The movement is ‘fluid’ – roll into it. (Hands on knees for extra balance and visual effect)

High Hitch. Bwd. 3/4 Left. Behind. 3x Pendulum Touch. 1/4 Right Together-Fwd (3:00)

25 – 26 Hitch right knee high. Crossing right over left – step right backward.
27 – 28 Unwind ¾ left (weight on right) (12). Step left behind right.
29 – 30 Leaning left – touch right to right side. Leaning right – cross touch right over left
31& 32 Leaning left – touch right to right side, turning ¼ right – step right next to left, step left forward
(3).

Style note: 29-30: Pendulum action

DANCE FINISH: All the 12’s: Wall 12 (incl restarts) Count 12 and facing 12:00